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Vol. 19, No. 30

Agawam, Mass.—Thursday, July 23, 1970

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UNICO Chicken Barbecue

Sunday

BARBECUE COMMITTEE ANNOUNCED

CHAIRMAN

Charles Deliso.

CO-CHAIRMAN

Ben Deliso.

Charles Deliso and Ben Deliso, chairman and co-chairman, respectively, have appointed the following committee assignments to members of the Agawam Chapter of UNICO for their 8th annual chicken barbecue, to be held on July 26 at St. John's Field with continuous servings from 1-5 p.m.

TICKETS

Nicholas Checile and Joseph Magucci.

CHEFS

Dom Maiolo, Joseph DePalo, Anthony Natale, Fran Capitanio, John Chriscola and Charles Calabrebe.

SALAD

Albert Malone, Vincent Spagnolo, Louis Pedulla, Claude Guidetti, Frank Solitario and Tony Buoniconti.

CORN

Frank Chriscola, Francis Rosso, Ginger Alvigini, Al Christopher and Tom Cabcio.

COFFEE

Al Alfano, Joseph Cardone, Al Bongiovanni and Joseph Della-Guistina.

WATERMELONS

Ray Ginotti and Joe Ferrari.

REFRESHMENTS

Gino Rossi, Dino Piccin, Frank Gatti, Tony DiDonato and Sam Cannarella.

TABLES & SEATING

Gus Bartolucci, Roland Bencivenni, Doc Milici, Herb Morris, Tom Coppola, Stephen Olivo, Al Settembro, Louis Scherpa, Nick DePalo and Fred Mercurio.

SERVING

Joe Cancelliere, Fran Colli, Tom DePalo, John Rosati, Vin Caroleo, Art Zavarella and Paul Ferrarini.

PUBLICITY

John Beltrandi.

ACTIVITIES

Walt Balboni and Paul D'Amato.

MISCELLANEOUS & ICE

James Bruno, Elmer Cascio, Lou DePalma, Chet Nicora and Sal Scibelli.

Tickets for the barbecue are available from any member of the Agawam Chapter of UNICO or at St. John's Field.

The open sea, nearly 90% of the ocean, is a biological desert without fertilizers. If the seas could be stirred up, minerals from the depths would rise to the surface to nourish plant life (plankton), the microscopic "grass" of the sea, and thereby produce more sea life, the Mass. Audubon says.

After all is said and done, you usually find more has been said than done.

— Times, Marshalltown, IA.

NEEDLESS DEATHS

Skin cancer will cause some 5,000 deaths in America in 1970. The Amer. Cancer Soc. says that most skin cancer can be prevented by avoidance of excessive sun or easily cured if treated promptly.

please note --
Monday AM deadline
for all news releases
-- not a advertising

All copy for this
newspaper must be typed,
double spaced originals. No
carbons, or items which
appear elsewhere before we
publish, will be considered.
Deadline, Monday A.M.

WHAT CAN I DO? HERE'S WHAT!

Some things on this list everyone can do. The little contribution from each person adds up to a better world.

reprinted from *Prevention magazine*
July issue

Read more and watch T.V. less. Turn out the lights when you leave a room. Don't keep flood lights on your house all night unless you're really afraid of burglars. Don't use your washing machine until you have a full load for it, and the same goes for the dishwasher. Dishwashers particularly are easily dispensable. If you want a clean dish to come out you have to practically wash it at the sink before you put it in. Why not just finish the job at the sink and let it go at that? In any case, if you love your dishwasher, accumulate your dishes through the day and run it only once.

You can also open cans with a manual can opener and less aggravation than the electric can opener causes. Whether you switch to a Gillette or grow a beard, you can easily do without an electric razor. You can hang your wash in the back yard and give it that wonderful clean smell it gets from drying in the wind and sunlight instead of using your electric dryer.

Can such small economies actually have an effect on the power demand? You bet they can. You'll be amazed at the saving in your electricity bill and if we could somehow multiply the reduction by 60,000,000 households, the savings would be fantastic. We would even have enough reserve power to run our air conditioners during a heat-wave, when we really need them, and thus greatly improve the quality of modern life.

Another way we can work wonders for the quality of the air we breathe is simply to use less paper. I hope you will forgive me for stating the obvious when I point out that paper is made from wood and the wood comes from trees that are cut down. It is the demand for paper far more than any other single factor that is responsible for denuding our forests and thus for the fact that our very oxygen supply is in peril. We need more trees, not less, to remove more carbon dioxide from the air and convert it into oxygen, and just about the only practical way that will ever be accomplished is if we all figure out ways to use less paper. How do you do it? You give up paper napkins and return to the cloth napkin. You take one newspaper a day instead of two or three. You buy your milk in bottles instead of cardboard containers and you buy soft drinks without a cardboard carrying case. The point is not to do without paper entirely. That would hardly be possible. But we can all reduce the amount of paper we use and then throw away. We can leave more trees in the world and at the same time cut down on all the smoke engendered by burning all that waste paper in the municipal incinerators.

Well so far I've tried to show you how to save some money and simultaneously improve the environment by buying a cheaper car that will use less gasoline, by cutting down on your electric bill and by canceling a few magazine subscriptions. I might also mention that walking places or riding a bike is a great deal cheaper than driving and infinitely better for your health.

Oh here's a great way to save money and improve the environment at the same time. If you do laundry at home, you're probably using an expensive pre-soak and then an equally expensive detergent for washing. Yet in the past year it has been found over and over again that the critical secret of getting laundry clean is the pre-soak but that it doesn't require anything much more than water. The latest report appeared in the *Washington Post* on April 15. It was reported by Elizabeth Shelton that it is now established fact that a pre-soak is nothing more than warm water with four tablespoons of washing soda added does as good a job as anything

on the market. Then the laundry can be done with plain soap or the few detergents that contain little or no phosphate such as Lux, Ivory Snow, Fleecy, Whistle, Jet Sprya and Lessal. The phosphates that most detergents contain, when they get into the Lehigh River or the Delaware, cause an overgrowth of vegetation which then reduces the amount of oxygen in the water and in effect kills it. They are put in the detergents because they make the wash look whiter. But a pre-soak in warm water and laundry soda, costing practically nothing, has the same effect and doesn't pollute the water at all. It also saves money.

Let's take a look at what this same principle of frugality could accomplish on the governmental level.

You may remember that I said we would return to Barry Commoner and his views on sewage disposal. After pointing out that modern methods succeed in disposing of sewage only by polluting our water, Commoner states that "Ultimately a wholly new type of system that returns organic waste to the soil so as to protect the declining quality of our soils" must be achieved.

Talk of the quality of life. Anyone who has ever eaten in a good restaurant in France has tasted a quality of food and a resultant improvement in the quality of life that is virtually unknown in this country. And not because the French are such great cooks. I discussed this with James Beard, one of our own great and famous chefs, last year. He maintains stoutly that the quality of French cooking derives chiefly from the food itself and that if our farmers raised their produce as the French do, we would also have great food.

What does this have to do with sewage? Well, if you have traveled to France and gone through the farming villages, you have seen a compost heap hear every farmhouse. The french farmer is too frugal to waste his garbage or the droppings of his farm animals. It all goes onto the heap. Sunlight and water and time are the only other ingredients needed to convert that refuse into prime fertilizer that not only feeds and nourishes growing plants but simultaneously becomes additional rich topsoil so that year by year the French farmer's land improves in quality instead of becoming exhausted. That is the land that produces french food, and if you have not eaten French food, you have never experience the true quality of eating.

Dr. Commoner points out that all over America the soil is declining in quality. Our farmers use chemical fertilizers which do fertilize although the food they produce is frequently less nutritious as well as less flavorful. But the chemical fertilizers also create some enormous problems. For one thing they do nothing to improve the soil itself. Topsoil is gradually washed away and not replaced. Nitrates from the fertilizers become a pollutant in the water and are the chief reason in many places that the water has become too dangerous to drink.

So we are simultaneously polluting our water with sewage and with fertilizer run-off. But if our governments took a more frugal outlook, they would understand that the sewage could be kept out of the water, converted into compost, used to fertilize the farmlands, and form new topsoil which would better absorb rain and prevent run-off and thus simultaneously alleviate two types of water pollution, improve our soil, and give us better tasting and more nutritious food.

OFF TRACK WAGERING COULD MEAN MILLIONS

"Potential millions of dollars in new state revenue could result if off-track betting were legalized in the Commonwealth," Representative William Q. MacLean, Jr. said today. MacLean, House Chairman of the Joint Committee on Government Regulations, said that a study order adopted recently has empowered the Joint Committee to conduct a study of all measures and proposals relating to the licensing of off-track pari-mutuel betting. "This will be a serious, thorough and genuine study. House Speaker David M. Bartley, the past several months, has warned Massachusetts citizens of the need for additional tax revenue. He is firmly committed to exploring all possible means of raising state revenue without again burdening the taxpayer. It's our hope that the committee's report will provide information about the feasibility of deriving tax monies from legalized gaming activities."

New York has recently adopted legislation which would authorize off-track betting within New York City. Such activities have been legal in foreign countries such as England and Australia. It is expected that existing operations will be closely studied by the legislators. The in-depth

investigation will deal primarily with whether certain gambling activities should be legalized and methods of controlling those authorized, allocation of receipts from the licensing of gaming activities and the number of days allowed racing meetings.

It is anticipated that the Joint Committee will file an interim report with the Legislature at the end of this summer.

Members of the committee are: Senators Hogan of Lynn, Rurak of Haverhill, Wall of Lawrence, Cawley of Boston, Weeks of Cohasset and Saltonstall of Manchester. The Representatives are: MacLean of Fairhaven, LaFontaine of Gardner, Weinberg of Boston, Dwinell of Millbury, Ambler of Weymouth, Lombardi of Cambridge, Shea of Worcester, Piro of Somerville, O'Brien of Boston, Golden of Framingham, Pickett of Somerville, Flannery of Taunton, Shattuck of Pepperell, Morini of Northampton and Ohlson of West Bridgewater.

Assisting the committee are Samuel A. Vitali of Lynn, Jon Bonsall of Milton, Linda Sweeney of Boston and Judy Iannella of Boston.

108 YOUNG MUSICIANS IN OUTDOOR CONCERT TUES

An invitation is extended to all Agawam townspeople to enjoy an evening of light summer instrumental music being presented on Tuesday, July 28 at 6:30 p.m. in front of the Agawam High School. While sitting in your own comfortable lawn chair or blanket, 108 young musicians of elementary and junior high age will perform in three separate instrumental groups. The concert is free of charge, and in the event of rain will be held the following night, Wed., July 29.

Highlights of this pop concert will be the appearance of 18 violin and cello players in ensemble numbers and "Chanson Petite," accompanied by the entire band. "Hogan's Heroes March" and "Raindrops Keep Fallin' on My Head" are among the delightful numbers presented by the two band

groups.

The concert is the finale of the summer instrumental music program which has been sponsored again this year by a parents committee. Each instrumental group has met separately on Tuesdays for six weeks in the Agawam Jr. High School, under the baton of Mrs. Sally Lowell, elementary instrumental instructor for the Agawam schools. Two-hour rehearsals, augmented by "sectional lessons" directed by a staff of musical instructors, have offered students a chance for instrumental achievement and summer fun through music.

Staff instructors have been Mr. Darcy Davis, Jr., director of music in Agawam; Mr. Sheldon Wax, Mr. Lawrence Kublin, Mrs. Frederick Robinson and Mrs. Charlotte Dow.

DON'T RUN YOUR DOG IN HOT WEATHER

COMPASSION AND COMMON SENSE

The Mass. SPCA offers a few rules to keep your pet healthy and more comfortable:

Exercise: During hot weather, never race your dog on lawn or beach. While trying to please you by retrieving a stick, ball, etc., he may suffer serious exhaustion from too strenuous exercise. Exercise your dog in the early morning and late evening, when it's cool.

Food: During very warm weather, reduce your dog's diet by one-quarter.

Water: Provide access to cool, fresh water at all times.

Housing: At all times, provide cool, shady quarters.

Car Care: Never, never leave your dog in a car in hot weather. If you must park for a limited time, park in a shady, cool place with windows open sufficiently to provide proper ventilation. This is important if your dog is to avoid heat prostration.

Should your dog show signs of excessive panting and extreme exhaustion, apply a cold pack to the neck and head areas. Douse him with cool water. Call a veterinarian as soon as possible.

LIONS' ANNUAL GOLF TOURNAMENT

The Agawam Lions Club will hold its annual Golf Tournament and Fellowship Dinner at Tekoa Country Club in Westfield. The event, which is open to guests as well as members, will tee off on Wednesday, July 29 at 12 noon. Golfers may start their round of golf up to 3 p.m. A hearty dinner will be served at 7:30 p.m. At the dinner, trophies will be awarded and prizes will be given to everyone in attendance.

Anyone interested in attending should call one of the following committee members: Robert Arnold, Frank Chriscola, Arthur Fuchs, John Galica, Robert Keefe, Henry McGowan or Edward McMahon. An afternoon and evening of pleasure is assured to everyone who attends.

STILL TIME TO ENROLL UNDER G.I. BILL

Veterans were reminded by William F. Connors, director of the Veterans Administration Regional Office, Boston, that it is still not too late to enroll in college this fall under the GI Bill.

While many of the larger universities no doubt have already filled their freshman classes for this year, there are many smaller colleges and junior colleges that will accept new students up until school begins in September.

However, Connors advised, it is best to enroll as soon as possible.

Connors urged veterans to contact their nearest VA office immediately to get their certificates of eligibility.

The current GI Bill covers men and women who served after January 31, 1955.

OPEN HOUSE AT HANSCOMB FIELD

HANSCOMB FIELD, MASS. — Two of the nation's top aerial demonstration teams will highlight an open house program at Hanscomb Field on Thursday, August 6.

The Thunderbirds of the U.S. Air Force will climax the day's program with a display of precision formation flying in their 5 supersonic jets. Earlier, the Army's Golden Knights will exhibit their championship free-fall skills and parachuting accuracy.

Other feature attractions will include an aerial rescue pickup demo, and static exhibits of aircraft stationed at Hanscomb Field.

Gates will open to the public at 10:30 a.m. the 30-minute Thunderbirds performance, the day's concluding event, will begin at 2 p.m.

No admission will be charged and free parking space will be provided. Public entrance to the field will be off Route 2A between Lexington and Concord.

PRECAUTIONS FOR SAFETY OF HORSEBACK RIDERS

MATTER OF COMMON COURTESY

Registrar Richard E. McLaughlin today called attention to disregard of the law which requires that drivers of motor vehicles (which includes motorcycles) take precautions when approaching a horse or other draft animals.

"Horseback riding is a popular sport and many clubs report that motor vehicle and motorcycle operators are endangering the lives of riders by frightening horses with a blast of a horn or by the use of sudden bursts of speed as they attempt to pass the animal," McLaughlin said.

He said that Massachusetts law requires every person operating a motor vehicle to bring the vehicle immediately to a stop when approaching a horse or other draft animal being led, ridden or driven, if the animal appears to be frightened and if the person in charge thereof signals for him to stop. The operator may thereafter pass with caution if he is traveling in the same direction as the animal. If he is traveling in the opposite direction, he must keep his vehicle stationary as long as may be reasonable to allow the animal to pass.

The fines provided for conviction of this violation are: First offence — Not more than \$25; Second offence — Not more than \$50 nor less than \$25; Subsequent offences during any 12 month period — Not more than \$100 nor less than \$50.

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City air may carry anywhere from 10 to 10,000 times as many particles as does the air in the open country; an average city receives up to 30% less sunlight and 90% less ultraviolet light than does the surrounding countryside, the Mass. Audubon points out.

DON'T BE A LITTERBUG



I'd love to go home
with you. I'm at
LY 8-8724

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THIS WEEK'S BEST BUYS FROM MASSACHUSETTS FARMS

Good news for homemakers! The Mass. Dept. of Agriculture reports that the first native sweet corn of the season has arrived at many roadside stands and markets. It is of top quality and very tasty. The season has been ideal for growing juicy sweet kernels and most of the fields are in excellent condition.

When buying corn, the best quality has a fresh green color, while the kernels are tender, milky and sufficiently large to leave no space between the rows. They should be just firm enough to puncture rather than easily split when slight pressure is applied. Ears should be generously filled to the tip, with no rows of missing kernels.

For best quality retention, do not remove husks until it is to be cooked! Serve it hot with plenty of butter or margarine and pass the salt and pepper.

Other fresh vegetables from local farms appearing this week are: green and wax beans, beet greens, cabbage, carrots, chicory, escarole, dandelions, kale and all varieties of lettuce. Parsley, peas, scallions and yellow and zucchini squash are still plentiful.

Native cultivated blueberries are beginning to bear heavily, and outdoor farm-fresh cucumbers are also on the market this week.

BLUEBERRY TORTE

1-1/3 c. sifted cake flour
2 tsp. baking powder
1/4 tsp. salt
1/3 c. shortening
2/3 c. sugar
1 tbsp. sugar
4 eggs, separated
1 tsp. vanilla
1/3 c. milk
1/2 c. sugar
1-1/2 c. blueberries

Sift flour, baking powder and salt together. Cream shortening with 2/3 c. sugar until fluffy. Add sifted dry ingredients and milk alternately in small amounts, beating well after each addition. Pour into 2 greased (8- or 9-in.) cake pans and bake in moderate oven (350 F.) for 15 minutes. Beat egg whites until fluffy; add 1/2 c. sugar gradually and beat until stiff. Spread over hot cakes and bake in slow oven (300 F.) 20 minutes longer, or until meringue is lightly browned. Cool. Remove from pans. Clean blueberries and mash about 1 tbsp. of them; add remaining sugar and mix together. Sprinkle with a few drops lemon juice, spread over one layer of cake and cover with other layer. Chill. Serves 8.

FOCUS. OUTDOORS

The focus of "Focus: Outdoors," the Mass. Audubon Society's natural history conference weekend beginning July 31, will be the environment — how to explore and best use and preserve it.

A panel featuring three distinguished environmentalists — David Brower, now of Friends of the Earth and formerly executive director of the Sierra Club; Allen H. Morgan, exec. vp of the Mass. Audubon; and Roger Caras, noted author and wildlife authority — and 4 feature talks by Brower, Caras, ecologists Lorus and Margery Milne, and cinematographer Cleveland Grant will highlight the 3 days.

In addition, 26 lecture-demonstrations by natural history experts in every field from ecology to stars will be given. UMass, Amherst and Holyoke professors will hold classes such as seashore ecology, animals' survival patterns, reptiles and amphibians; curators and directors of the Springfield Science Museum and Squam Lake Science Center will discuss the Indian past, shells and the "nature of things"; and Mass. Audubon staff will contribute classes on urban environmental education, international wildlife and the animals' origins of human behavior.

The 3 days are presented by Audubon for all those who study the out-of-doors. Teachers should find the classes especially valuable, and interested amateurs will have a chance to listen to and discuss issues with experts. Audubon believes valid environmental action must be based on the right facts and knowledge of the natural world, and offers the conference as a solid gathering of natural history expertise.

For more information write Arcadia, Easthampton, Mass. 01027, call Arcadia at 584-3009 or Mass. Audubon in Lincoln at 259-9500.

Agawam YMCA Activities

MOTHER AND TOT SWIM LESSONS

The Y has just finished its 1st session of Mom and Tots swimming lessons. Taking part in this 2-week program were Mrs. John Philip and son, Mrs. Marilyn Johnson and daughter, Mrs. Terry Soward and daughter, Mrs. Joan Berg and son, Mrs. Pauline Tallarico and son, and Mrs. Knowles and son. The 2nd session began July 13. Registrations are still being accepted for the 4th session. Sign up now at the Y office.

NEIGHBORHOOD SWIM LESSONS HELD

The Agawam Y has just finished its first session of teaching swimming at pools in the Feeding Hills area. The lessons were held at the Impoco family pool on 242 N. Westfield St. Taking part in the lessons were: David Greene, Ann Marie Gentile, Mike Gentile, John Frankie, Paul Jo Impoco, Tony Impoco, Lisa Impoco, Gina Impoco and Tina Impoco. The Y is presently looking for other pools to continue this program. If anyone is interested, please call 781-5600.

JUNIOR LEADERS CLUB ELECTS NEW OFFICERS FOR 1970-71 YEAR

New officers have been elected for the Junior Leaders Club. They are: Debbie Taupier, president; Dale Cote, vice-president; Ellen Fuller, secretary, and Mark Festa, treasurer. The Junior Leaders Club assists in a variety of programs throughout the year at the Agawam Y. To join, boys and girls must apply and have to be selected on the basis of their leadership potential. For further information, call the Agawam Y.

INSPIRATION for YOUR



Think-A-Torium

ECOLOGY, the new word that has bobbed-up in our news medias. According to Webster its meaning is defined in words that are about as CLEAR AS MUD. Years ago, PEARL BUCK seems to have simplified its definition in her book; "THE GOOD EARTH" and more recently ANNE MORROW LINDBERG brings the subject up to date in her late book: "EARTH SHINE." Ecology appears to be another BLESSING OF THE CREATOR that we have not given JUST CONSIDERATION, because of our being enchanted to the SOUND OF MONEY.

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resolve.

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"OKAY, OKAY, OKAY...I SAID I'D PRUNE IT, DIDN'T I?"

NIH THE SEARCH FOR HEALTH

A REPORT FROM
THE NATIONAL INSTITUTES OF HEALTH
BETHESDA, MARYLAND

Human Transplants

For centuries men have dreamed of replacing diseased organs with healthy new ones. Today that dream is closer than ever to reality, in large part due to research being done in 30 general clinical research centers supported by the National Institutes of Health.

Most of the popular attention surrounding organ transplantation has centered around heart transplants. There have now been more than 130 heart transplants performed around the world. While these operations are dramatic, they are only part of the whole transplant story.

To date, 18 different tissues and organs have been transplanted in humans, each causing unique problems.

The most frequently transplanted organ is the kidney. More than 3,600 kidney transplants have been performed world-wide. Kidney transplantation is a relatively simple operation that was first performed with long-term success in 1954 between identical twins. Today, when a donated kidney comes from a living relative, 80 to 90 percent of the recipients live for more than two years.

In contrast to the simplicity of the kidney transplant is the liver transplant. This is a complex operation which was first performed in the early 1960's in the clinical research center at the University of Colorado — one of 50 such NIH-supported research centers around the Nation. In spite of the difficulties involved, more than 30 liver transplants have been performed, mostly in children, with recipients living up to 14 months.

Another transplant pioneered in a clinical research center is the thymus transplant. This gland, about the size of a silver

dollar, is necessary for development of the body's immune system, which helps to ward off infection. Several successful transplants of thymus tissue have been performed in infants who were born without a thymus gland. Each has developed an immune system, survived more than two years, and is still in good health.

The biggest problem encountered in most transplants is rejection of the new organ by the body's immune system.

Scientists are using several methods to prevent rejection. The first is the use of drugs that suppress the immune system. Extreme care is needed because the drugs could lower the body's defenses to all forms of infection, and large doses can damage the liver.

The most promising method of preventing rejection in use today is antilymphocyte globulin (ALG). ALG differs from other drugs in that it is a biological material and does not damage the liver or weaken the body's defenses against infection. However, ALG does not completely prevent rejection, and still must be used in combination with other powerful drugs.

The second method used to get around rejection is tissue typing. Before an organ is transplanted, it is tissue typed, much the same way that blood is typed and matched to a recipient. The tissues of the organ are typed and matched to possible recipients to find the best possible match.

Looking forward to the day when transplants will be a common means of treatment for damaged organs, clinical research center scientists are investigating organ storage techniques, cross-species transplantation, and drugs that will prevent rejection of a specific organ while not lowering the body's defenses to infection. NIH's Division of Research Resources has published a new booklet detailing these advances.

Write to NIH Feature Service, Bethesda, Md. 20014, for a free copy of "Research Advances in Human Transplantation."

COMMUNITY ACTION DEMO AT WATERSHED MEETING

The possibility of a Community Action Demonstration Project on water pollution control in the Westfield Valley will be outlined to Westfield River Watershed Association directors at their quarterly meeting the evening of July 22. The meeting will be held at the Worthington Golf Club, following a dinner to be served at the Club.

William A. Doubleday, regional engineer, Western Region office, Mass. Division of Water Pollution Control, will explain procedures that can be followed to maintain checks on the quality of water flowing in the river and impounded in lakes and ponds. A similar project is being planned for Lake Cochituate in Eastern Mass.

Executive Director Waite will report on a June 30 conference in Governor Sargent's office relative to the status of several "conservation" bills on which action apparently is overdue. Foremost among these is S974 — "Financial Aid to Cities, Towns and Districts for Water Pollution Control." The bill, if enacted, will authorize a \$250 million bond issue to provide the state's share and to prefund the federal gov't's share of the cost of sewage treatment plant construction. The completion of the clean-up job in the Westfield and other rivers of the Commonwealth within time schedules already established obviously depend upon the appropriation of supporting funds in this legislative session.

MEDICARE COSTS RISE

In July 1970, the basic monthly premium paid by people enrolled for the medical insurance part of Medicare will go up from \$4 to \$5.30, reflecting the rising costs of medical care in the country.

The increase is necessary to keep the medical insurance program on a pay-as-you-go basis, according to Daniel J. Murphy, Jr., Social Security district manager in Springfield.

The \$4 basic premium rate has been in effect since April 1968. Actual costs of the program, however, have shown that the rate should have gone up to about \$4.70 in July 1969, Mr. Murphy said. Because the premium wasn't changed then, the program has had to draw upon reserve funds.

About half the increase starting in July is needed to finance the insurance program as it is working now. The rest of the increase will cover higher costs anticipated in the 1970-71 premium period.

"Even though the premium rate is going up, Medicare medical insurance is still a bargain for older people," said Mr. Murphy. "Purchasing comparable coverage through a private insurance company would be many times more expensive."

Medical insurance under Medicare costs twice the amount beneficiaries pay. The premiums of participants cover half the cost of the program. The other half is paid out of general federal revenues.

Medical insurance pays for doctors' services, certain medical supplies, diagnostic tests and certain laboratory and X-ray services.

The medical insurance part of Medicare is financed on a short-term basis. Under the law, the Secretary of Health, Education and Welfare must determine each December the premium rate that will apply during the 12-month period beginning the next July 1. The rate is based on the estimated cost of benefits and administrative expenses in the coming year.



"I COULDN'T POSSIBLY BE SPENDING TWO THIRDS OF YOUR INCOME. YOU'RE NOT MAKING THAT MUCH."

Your Unemployment Insurance

(Answers to the following questions apply to Mass. and Federal Unemployment Insurance only.)

Q. I have a chance to take a part-time job but don't want to if it means losing my unemployment checks. What happens if I take this part-time job?

A. The Employment Security Law disregards the first \$10 of part-time earnings as an incentive to people to accept work. You have to report all of your wages but only the amount over \$10 will be deducted from your unemployment check each week. Check with your claims interviewer at the employment office as to how much you'll be entitled to.

Q. I'm out of work and will be filing for unemployment insurance. Will I get anything for my wife and children, ages 10 and 14? My wife isn't working either.

A. You won't be entitled to any allowance for your wife, whether she is working or not. You will, however, be entitled to a dependency allowance of \$6 a week for each child, provided they are living with you or dependent on you for support.

Q. I just got out of the Army after serving two years and am not working. Am I eligible for unemployment compensation?

A. Chances are that you will be eligible. Bring your Form DD-214 (separation papers) to your nearest State Employment Service claims office and file your claim. The address is in the telephone book under Commonwealth of Massachusetts, Employment Security Division.

Q. According to my W-2 Form for income tax purposes, I made \$750 last year. Am I eligible for unemployment benefits now? I just got laid off.

A. If you earned \$900 or more in the 52 weeks prior to filing your unemployment claim, you are probably eligible. You can add the earnings you had in 1970 as part of the \$900. However, you don't get any credit for any wages earned more than 52 weeks ago. In other words, the claims office cannot go back more than 52 weeks from the week you file your claim to pick up your earnings.

Consumer news

FROM THE ATTORNEY GENERAL

Attorney General Robert H. Quinn reported that his Consumer Protection Division recovered over \$200,000 for Mass. consumers during the 2nd quarter of 1970.

In 1,933 cases settled between April 1 and June 30, investigators and attorneys secured the return of \$220,322 to 637 different persons who had reported complaints to the division. This figure exceeds the amount

returned in any previous quarter.

During the same period, the division obtained injunctions against or assurances of discontinuance from 15 companies charged with violating the Mass. consumer protection laws.

Assistant Attorney General Laurence R. Buxbaum, chief of the CPD, reported that 1,974 cases opened during the same quarter are now under investigation.

Weight Watchers

BUDGET STRETCHER RECIPE GAZPACHO

3 cucumbers
1 quart tomato juice
2 cloves garlic, minced
2 tablespoons wine vinegar
2 teaspoons salt
1 teaspoon ground cumin
4 ice cubes
1 green pepper, diced
1 slice bread, diced

Peel and dice the cucumbers (saving one for garnish) and then add the other two to tomato juice and let stand one hour. Pour into electric blender and blend at high speed about one minute. Strain. Add garlic, vinegar, salt, cumin and ice cubes to tomato mixture. Chill. Divide into equal servings and garnish with remaining cucumber and bread cubes. Makes 2-4 servings.



"IT SEEMED A BIT THIN, SO I'M RUNNING IT THROUGH AGAIN."

The Greeks believed the Big Dipper's stars outlined Callisto, a nymph, placed in the heavens by Zeus, in the form of a female bear. The North (where the "bear" is) was called Arctic, from the Greek word for bear, arctos.

Stockholm, Sweden has placed an atomic power plant within the city limits and uses the heated waters from its cooling plant for home and office heating, according to the Mass. Audubon.

GREEN SURVIVAL AND THE ENVIRONMENTAL CRISIS

OXYGEN GENERATORS

Man can live without food or water for quite a while, but not for more than a few minutes without oxygen. Twenty percent of the air we breathe is oxygen. During the course of the 23,000 times we each inhale and exhale in the course of a day, we take in 35 pounds of oxygen. Green plants on land, and vegetation in the sea supply man with all of his oxygen—and in the process (called photosynthesis) absorb huge quantities of carbon dioxide from the atmosphere. Scientists have detected a tremendous increase in the size of the "blanket" of carbon dioxide which surrounds the earth. Since it has the tendency of trapping heat, the carbon dioxide layer could raise surface temperature of the earth to a disastrous level, scientists believe. A rise in earth's surface temperature could melt polar ice caps, inundate shorelines and flood coastal cities under many feet of water. Extensive plantings of trees and other green plants help break the heat barrier because of their tremendous capacity for consuming carbon dioxide in photosynthesis. Plantings of trees and shrubs, spread across the nation along arterial highways, make for safe and scenic driving and for fresh, clean air as well.

PLANTS ARE DUST TRAPS

Twelve million tons of particulate matter—dust, grit, cinders—are released into the atmosphere of the U.S. every year. Motor vehicles contribute 1 million tons; industry 6 million tons; power plants 3 million tons; space heating 1 million tons; and solid waste disposal 1 million tons. Trees, shrubs, vines and flowers act as natural traps for this airborne matter. The hairy leaf surfaces clutch falling particles and keep a steady rain of dust and dirt from saturating the air with solid pollutant. Trees in Los Angeles are such effective dust catchers they must be washed periodically in a detergent solution to relieve them of their unsightly burden. In another large city, the dust count on the sheltered side of a planted area was 75% lower than a similar count on the windward side.

About one inch of rainfall per week is necessary to keep a lawn from burning out. Thorough watering every 3 or 4 days is better than 15-minute sprinklings which will draw the roots to the surface where they become worn and dried, the Mass. Audubon tells us.

By 1960, zoologists had described and named about one million species of animals — 700,000 of them were insects. It is believed that this is only 1/3 of the total insect species on the earth, the Mass. Audubon reports.

TREES AND SHRUBS REDUCE TRAFFIC NOISE

Highway planners are increasingly conscious of the need for heavy plantings to provide a sound barrier for adjacent property owners. Plant parts break up sound waves, change their direction, and reduce their intensity. Various types of buffer plantings are used: Hedges, trees; shrubs; vines; and combinations of structural barriers and buffer plantings. The noise level above wide expanses of concrete can be reduced as much as threefold if the concrete surface is interspersed with plantings of trees, shrubs and grass. Planting not only decreases noise, it also screens moving vehicles from sight, giving a sense of privacy which makes traffic sounds less objectionable. Heavy street traffic registers a noise level of 70 decibels. Proper landscaping can reduce the noise about 60 percent. Through judicious use of plant material, the sound of a heavily-traveled highway can be reduced to the level of a suburban street in the quiet of evening.

Efficient plantings along roadways help greatly in halting drift of soils and the dust storms which loose dirt can cause. A 40-mile per hour wind has about four times as much power to pick up soil as a 20-mile per hour wind. When its velocity is reduced by half, the dust-carrying capacity of a 40-mile wind is reduced 75 percent. Trees and shrubs planted to utilize this simple relationship effectively help prevent a common form of soil erosion.

Streambank erosion is a major problem along many miles of the nation's rivers and streams. About 300,000 miles of streambanks in the United States are subject to erosion which produces 500 million tons of sediment annually. Removal of sediment from stream channels, harbors, and reservoirs costs approximately \$250 million a year. About \$11 million worth of land adjacent to stream channels is lost through erosion every year. By planting vegetation and using mechanical means, it is estimated that streambank erosion can be reduced 75 percent.

A songbird, the water ouzel of cool, western U.S. streams, walks under water where it feeds on streambeds, swims with its wings, grips the gravel with sharp toes, has scales on its nose, oils its feathers, builds a nest on a ledge behind a waterfall and lives out its life along the water's edge, the Mass. Audubon says.

How much more grievous are the consequences of anger than the causes of it.

— Marcus Aurelius

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RE 2-3966

RUBBISH COLLECTION SCHEDULE


Fri.	July 24	Rte. 10
Mon.	July 27	Rte. 1
Tues.	July 28	Rte. 2
Wed.	July 29	Rte. 3
Thurs.	July 30	Rte. 4
Fri.	July 31	Rte. 5

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ALL INSTRUMENTS
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734-0309 - 733-3935

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AND RETURN YOU!
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class starting
Mon. A.M., July 27
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portion of driver education at
high school, take the six hours
behind-the-wheel training with us!
WINCHESTER AUTO SCHOOL
190 STATE ST. - RE 9-2533

COMMONWEALTH
OF MASSACHUSETTS
HAMPDEN SS
PROBATE COURT
To all persons interested in the estate of
KATHERINE M. KANE late of Agawam
in said County of Hampden, deceased.
A petition has been presented to said
Court for probate of a certain instrument
purporting to be the last Will of said
deceased by JAMES P. KANE of said
Agawam praying that he be appointed
executor thereof without giving a surety on
his bond.
If you desire to object thereto, you or your
attorney should file a written appearance in
said Court at Springfield, in said County of
Hampden, before ten o'clock in the
forenoon on the thirty-first day of July,
1970, the return day of this citation.
Witness, ABRAHAM I. SMITH,
Esquire, First Judge of said Court, this
twenty-fifth day of June, 1970.
JOHN J. LYONS, Register
July 9, 16, 23

Legal Notices
COMMONWEALTH
OF MASSACHUSETTS
HAMPDEN SS
PROBATE COURT
To WAYNE HOMER GIROUX of
parts unknown.
A libel as amended has been presented to
said Court by your wife CORRINE ANN
PELLAND GIROUX of Agawam, in the
County of Hampden, praying that a divorce
from the bond of matrimony between herself
and you be decreed for the cause of cruel and
abusive treatment and praying for alimony
and for custody of and allowance for minor
children.
If you desire to object thereto, you or your
attorney should file a written appearance in
said Court at Springfield, within twenty-one
days from the twentieth day of October
1970, the return day of this citation.
Witness, ABRAHAM I. SMITH,
Esquire, First Judge of said Court, this
fifteenth day of July 1970.
JOHN J. LYONS, Register
July 23, 30, Aug. 6

"THE BEST IN SIGHT"

Patrick F. Russo
OPTICIANS
1421 WESTFIELD ST., W.SPFLD.
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Open Tues. & Thurs.
'til 8:00 p.m.
GUILD OF PRESCRIPTION OPTICIANS OF AMERICA

COMMONWEALTH
OF MASSACHUSETTS
HAMPDEN SS
PROBATE COURT
To all persons interested in the trust estate
under the will of LORIN W. FISK late of
Agawam, in said County, deceased, for the
benefit of THE AGAWAM
CONGREGATIONAL CHURCH,
AMERICAN BOARD OF
COMMISSIONERS FOR FOREIGN
MISSIONS AND CONGREGATIONAL
HOME MISSIONARY SOCIETY under
the first clause of said will.
The trustee of said estate has presented to
said Court for allowance its forty-first
account.
If you desire to object thereto you or your
attorney should file a written appearance in
said Court at Springfield before ten o'clock
in the forenoon on the first day of
September 1970, the return day of this
citation.
Witness, ABRAHAM I. SMITH,
Esquire, First Judge of said Court, this
fourteenth day of July, 1970.
JOHN J. LYONS, Register
July 23, 30, Aug. 6

COMMONWEALTH
OF MASSACHUSETTS
HAMPDEN SS
PROBATE COURT
To all persons interested in the petition
hereinafter described.
A petition has been presented to said
Court by DANIEL E. HANFORD and
MARGARET FORREST PICKARD, his
wife, both of Agawam, in said County,
praying that their names may be changed as
follows: DANIEL E. HANFORD to EARL
JAMES PICKARD, JR., MARGARET
FORREST PICKARD to MARGUERITE
CECILIA FORREST PICKARD.
If you desire to object thereto you or your
attorney should file a written appearance in
said Court at Springfield before ten o'clock
in the forenoon on the eighteenth day of
August 1970, the return day of this citation.
Witness, ABRAHAM I. SMITH,
Esquire, First Judge of said Court, this
thirteenth day of July 1970.
JOHN J. LYONS, Register
July 23, 30, Aug. 6

COMMONWEALTH
OF MASSACHUSETTS
HAMPDEN SS
PROBATE COURT
To all persons interested in the estate of
THOMAS F. BUONICONTI late of
Agawam in said County of Hampden,
deceased.
A petition has been presented to said
Court for probate of a certain instrument
purporting to be the last Will of said
deceased by ELIZABETH F.
BUONICONTI of said Agawam praying
that she be appointed executrix thereof
without giving a surety on her bond.
If you desire to object thereto, you or your
attorney should file a written appearance in
said court at Springfield, in said County of
Hampden, before ten o'clock in the
forenoon on the eighteenth day of August
1970, the return day of this citation.
Witness, ABRAHAM I. SMITH,
Esquire, First Judge of said Court, this
fifteenth day of July 1970.
JOHN J. LYONS, Register
July 23, 30, Aug. 6

BOARD OF SELECTMEN
AGAWAM, MASS.
Notice is hereby given under Chapter 138
of the General Laws that James V.
Mercadante, doing business as Ye Olde
Coach Inn & Motel, has applied for a
license to sell Alcoholic Beverages of the
following kind: All Alcoholic as a Common
Victualer at 1520 Main Street, Agawam, in
building consisting of two floors with lounge
and dining area, also pavilion and pool area
with cellar for storage.
GEORGE L. REYNOLDS
EDWARD W. CONNELLY
JOSEPH DELLA-GIUSTINA
Licensing Board

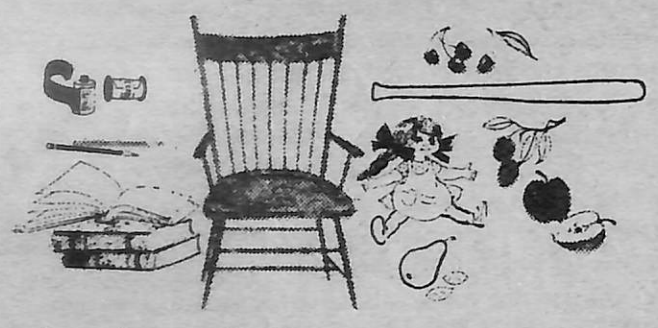
BOARD OF SELECTMEN
AGAWAM, MASS.
Notice is hereby given under Chapter 138
of the General Laws that F. Joseph
Napolitan has applied for a license to sell
Alcoholic Beverages of the following kind:
All Alcoholic as a Common Victualer at 781
Shoemaker Lane, Agawam, in building
consisting of two floors - one room on each
floor - cellar to be used for storage.
GEORGE L. REYNOLDS
EDWARD W. CONNELLY
JOSEPH DELLA-GIUSTINA
Licensing Board

*Pesticide pollution can change a
diverse biological system into a system
of large numbers with few species.
Most poisons are selective, killing only
certain plants and animals and,
thereby, those that are dependent on
them. A species which can tolerate the
poison then has less competition, fewer
predators and parasites and can
increase to enormous numbers, the
Mass. Audubon points out.*



"OH, ALL RIGHT THEN. GO PLAY GOLF!"

Well, What Do You Know?
fun, games and knowledge
by MARTHA GLAUBER SHAPP, Editor, The New Book of Knowledge



Do you know what a world with-
out trees would be like?

Even in today's world of
concrete and steel, atomic en-
ergy and moon walks, can
you imagine how life would
change if trees and their
products should suddenly dis-
appear? Look out! There goes
the chair you're sitting on.
The pages of this newspaper
are disappearing. Your books
are floating away. Your pen-
cils have vanished. Where is
your baseball bat, the film for
your father's camera, and
your sister's plastic doll?
There are no more plums and
pears and cherries, no more
almond cookies and apple
pies.

All of these things and
thousands more come from
trees—still important in our
modern world.

Do you know about baseball in
Japan?

Baseball was introduced in-
to Japan nearly 100 years
ago by a Tokyo engineer who
had lived in the United
States. The game has grown
steadily in popularity, and to-
day Japan has two six-team
leagues—the Central and the
Pacific. There are nearly
9,000,000 fans who attend

games and more than double
that number who watch the
games on television. Ameri-
can baseball expressions have
drifted into the language—
"strike" is striku; "out" is
outo; and the umpire starts
the game with praybarru for
"play ball." A number of
American former major
league players, including the
Cardinals' Don Blasingame
and the Dodgers' Don New-
combe, have played with
Japanese clubs.

Do you know how hardbound
books can be kept from coming
apart?

Often the backs of books
crack, and the pages fall out.
This happens because the
threads that hold the pages
together have snapped under
the strain of opening and
shutting the book. Books can
be made to last much longer
by the following simple steps:
Open the cover of the book,
and run your hand along the
place inside where the cover
joins the pages (front and
back). Then leaf through the
book, smoothing down the
pages. This loosens the
threads, and they will give as
the pages are turned.

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WHO KNOWS?

- When did Wyoming become a state?
- Define "Anthropology".
- For what accomplishment is Josiah Willard Gibbs famous?
- What is U.N. Secretary General U Thant's native land?
- When was the State Department created?
- What was it originally called?
- Who was the first Secretary of State?
- What was the average annual production of automobiles before World War II?
- What was the annual production of automobiles in 1966?
- What eleven words on the Liberty Bell are found in Leviticus 25:10b?

Answers To Who Knows

- July 10, 1890.
- Science dealing with the origin, development and customs of man.
- His theory of thermodynamics.
- Burma.
- By an act of Congress July 27, 1789.
- The Department of Foreign Affairs.
- Thomas Jefferson.
- Around 3,500,000.
- According to the Automobile Manufacturers Association, 8,604,712.
- "Proclaim Liberty throughout all the land unto all the inhabitants thereof."

Know THE Weather

What can sailboat enthusiasts learn about coming winds by watching the sky? Does a cloudy sky indicate good sailing weather or bad?

Those who do a bit of sailing, either on lakes or at the ocean, can predict the winds by watching the sky and studying weather. A cloudy sky is one sign of lessening wind, therefore, is not welcomed by sailboaters.

There are other rules which generally apply. For example, if there is a strong breeze from the shore at sunrise, hopes for a good wind during the day are not always justified. Usually this land breeze dies down as the sun heats the land and is replaced by a sea breeze.

Of course, in the summer, clouds may herald the approach of a thunderstorm and this means strong winds, but other than these storms, a bright, clear day is best for sailing. The sun heats the land faster than the water, air above the land rises and air over the water flows in over the land to replace it. That is the famous sea breeze one finds at large lakes and on ocean beaches.

(For a free booklet, "The Magic Carpet," illustrated in color from The New Book of Knowledge, send name and address to Martha Glauber Shapp, Box 47, Putnam Valley, New York 10579.)